

OKINAWA MARINE

FEBRUARY 20, 2009

WWW.OKINAWA.USMC.MIL

CREDO promotes suicide prevention

Sgt. Rodolfo Toro

OKINAWA MARINE STAFF

CAMP FOSTER — Petty Officer 1st Class Jennifer Herman didn't know death was only a few feet away from her doorstep that day.

She still remembers the horror that coursed through her body that holiday weekend when she learned a Marine committed suicide in the barracks room just three doors away from her own.

"It made me feel horrible," Herman said. "I walked past his door with him literally hanging in his closet."

Herman said the incident reinforced the simple suicide prevention concept the Navy and Marine Corps have said all along — to look out for one another.

"This is not about academics," she said. "This is real life. This guy literally died surrounded by help."

Herman said she does not feel guilty about what happened, however she feels compelled to learn more about suicide prevention to hopefully help someone else.

That incident, along with her duties as a religious programmer for III Marine Headquarters Group, III Marine Expeditionary Force, motivated Herman to attend the quarterly Suicide Awareness and Prevention Workshop Feb. 11 at the Chapel Center here.

Members of the Chaplain Religious Enrichment Development Operation organized the workshop as part of the III MEF and Marine Corps Bases Japan Suicide Prevention Program.

SEE **CREDO** PG 3

Marines listen in during a suicide prevention workshop on Camp Foster, Feb. 11.

Photo by Lance Cpl. Antwain J. Graham

Sailors set course for combat



Navy Capt. John LaBanc, 3rd Marine Division surgeon, points in the direction of the first land navigation checkpoint while Petty Officer 2nd Class Rene Luchalemus, a religious specialist for Headquarters Battalion, 3rd Marine Division, double checks his azimuth during a Tactical Combat Casualty Care course at Camp Gonsalvez Feb. 11. The course prepared approximately 20 sailors for deployments to Afghanistan and Iraq.

SEE STORY PAGES 6-7. Photo by Lance Cpl. Paul D. Zellner

New test establishes baseline for detecting TBI

Lance Cpl. Antwain J. Graham

OKINAWA MARINE STAFF

CAMP FOSTER — A traumatic brain injury is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.

Many military health officials cite TBI as the signature injury of Operations Enduring Freedom and Iraqi Freedom.

However, TBI can be especially difficult to recognize and diagnose, especially in mild cases, according to Navy Cmdr. Juliann M. Althoff, the preventive medicine and force health protection officer for III Marine Expeditionary Force.

As a result, the Department of Defense developed a testing system whereby health

officials can more effectively identify signs of neurological trauma.

The Automated Neuropsychological Assessment Metric test is a computer-based exam that checks a person's reaction time, memory, concentration, and ability to process simple information.

In November, the DoD mandated all service members be tested before deployment.

The pre-deployment test takes about 20-30 minutes to complete is used to establish an individual's neurocognitive psychological baseline, Althoff said.

The results of the tests are stored and can be accessed and compared to a subsequent test in the event a service member sustains a brain injury.

The test was administered at Godfrey Hall here recently to Marines and sailors preparing to deploy in support of Operation Iraqi Freedom.

According to test administrator Army Lt. Col. Margaret Nava, the ANAM program deputy director for the Pacific region some people had doubts about taking the test, believing it was a some sort of I.Q. or screening test and was graded on a pass or fail basis.

She emphasized ANAM is not a screening test for deployment. It is simply a test used to ensure proper diagnosis and treatment of TBI, she said.

Any service members with questions about the test should contact their health care provider, Althoff said.

INSIDE



YOUNG MARINES TRAIN

Camp Foster Young Marines kick off fresh cycle of recruit training among local youth.

PG. 5

COBRA GOLD SEARCH, RESCUE

Marines and Thai forces join together for combat search and rescue exercise during Cobra Gold 2009.

PG. 10



Base Liberty Campaign Order not open to interpretation

Lance Cpl. Bobby J. Yarbrough

Not long ago, five Marines and myself headed out on what some people would describe as a typical Saturday night: wings, beer, and good ole' country line dancing. But what started out as a typical outing, ended up as anything but.

Before we even left the confines of Camp Foster, an underlying problem already existed;

EDITORIAL a Marine left his military identification card at the barracks. Even

though we were only a five-minute walk away and had seen the AFN commercials plenty of times (keep in mind, as a Public Affairs Marine, my job field is responsible for those public service announcements), we decided it was a problem that could wait. And by that I mean I had only 45 minutes until "50-cent wings" ended. This was my first mistake of the night, but it wasn't my last.

After walking to our favorite establishment, I entered the bar looking for two things, a waitress and an Orion. As I went to sit down at the table, I noticed we were two Marines short. I should have asked the question "Where did they go?" But instead I asked, "When will they be back?"

What I didn't tell you to begin with was we signed out on liberty in groups of three. Meaning both groups were in violation of the Liberty Campaign Order. Looking back it was obvious we were wrong. But at that moment, I didn't think twice about it. I was more concerned about my "honey mustard

wings" than my fellow Marines.

As the night went on, so did the drinking. For most of us, there was nothing wrong with throwing back round after round, except for one thing. Did I mention one Marine in our group was underage?

He was only two weeks shy of turning 20. I guess I subconsciously added birthdays to the "close counts" list along, with horseshoes and hand grenades.

I failed to address the issue and instead just

As we tried to get back on base, one of the Marines got stopped by a military policeman on suspicion of underage drinking. They administered a breathalyzer test, and that sealed our fate.

I made a lot of bad decisions that night. You see, I fell short in a lot of ways. I should have stopped the Marine from leaving base without his ID, I should have stopped the Marines from leaving their liberty buddies behind, and I should have stopped the Marine from drinking underage. But, I didn't.

As a Marine, I sometimes find myself in tough situations that I can overcome with a little "common sense." And although this logic seems simplistic, somehow I always seem to mess it up. Add alcohol in the mix, and it increases the problem.

Even though we are all lance corporals, I was the senior Marine of the group. As a lance corporal on the verge of promotion, I was responsible for our actions. I failed myself. But more importantly, I failed my fellow Marines, my friends.

I am not telling you this story to "right-a-wrong," because you can't. I am telling you because I want other Marines to learn from my mistakes: just like George Santayana said, "If we don't learn from history, we are doomed to repeat it."

Use good judgment when on liberty. Make smart, rational decisions that embody our core values. Be an example for others to follow.

Yarbrough is a staff writer with the Okinawa Marine newspaper.

"I made a lot of bad decisions that night...I should have stopped the Marine from leaving base without his ID, I should have stopped the Marines from leaving their liberty buddies behind, and I should have stopped the Marine from drinking underage. But, I didn't."

accepted it. I thought I was helping him. Instead, it was just adding more fuel to the fire.

The night went on and so did the rabble rousing. Eventually as the clock got closer to the midnight curfew, our departed Marines finally showed back up. I wasn't aware the other Marines made the same bad decisions as me; one of them was underage and had been drinking as well. I probably knew it in the back of my mind. I didn't ask any questions. I only said, "Time to go."



FACT CHECK

CIVILIAN FOOTWEAR

Q:

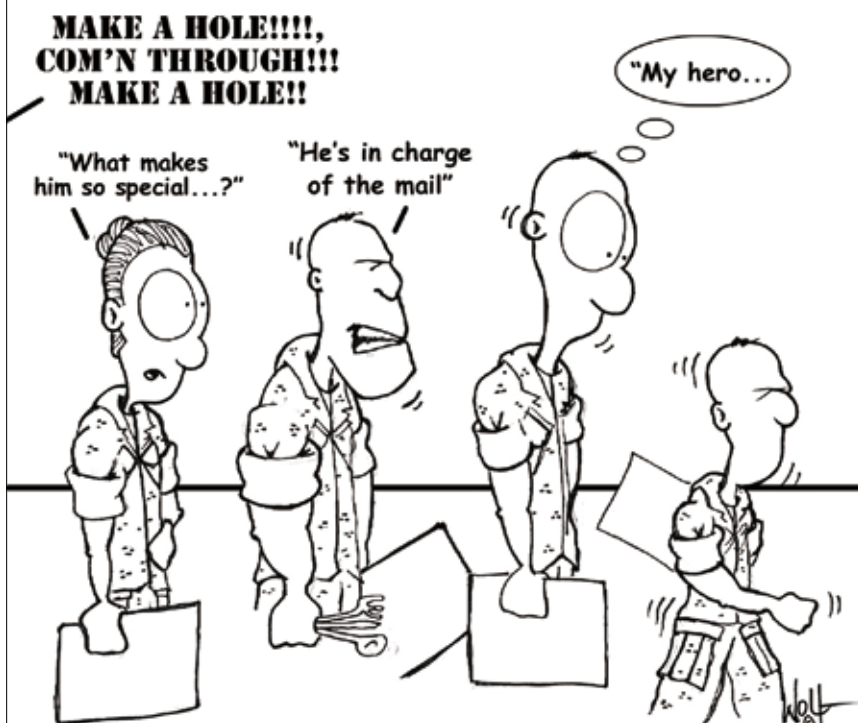
What are the regulations on civilian footwear, such as flip-flops or sandals?

A:

Although shower shoes or flip-flops are permitted at recreational beaches and swimming pools, they are not authorized for civilian attire, according to paragraph seven of the Marine Corps Bases Japan/III Marine Expeditionary Force Order 1020.2.

Sandals, however, which are generally more formal than flip-flops, are not designed to be worn in the shower. They are appropriate to be worn with civilian liberty attire. The wear of socks is not required.

Sempertoons



Exercise keeps 7th Communication Battalion Marines ready to deploy

Lance Cpl. Paul D. Zellner
OKINAWA MARINE STAFF

CAMP HANSEN — Approximately 20 Marines from Company B, 7th Communications Battalion, III Marine Expeditionary Force participated in a refresher course at the communications warehouse on Camp Hansen Feb. 5.

"The exercise was designed to refresh their memory and provide some advanced training," said Gunnery Sgt. Richard Long, a technical control engineer with 7th Communications Battalion and instructor for the exercise.

Marines got hands-on experience with the FCC-100 and MRC-142A equipment. This equipment is initially introduced to the

Marines in military occupation specialty school.

"Between deployments, duty and all their other responsibilities they don't get a chance to focus on the individual equipment this much," said Long.

The FCC-100 is a 16-port multiplexer used to process all communications such as internet, telephone and intelligence networks into one bundle called an aggregate.

The aggregate can be sent up to 30 miles away using the MRC-142A. The MRC-142A is a multi-channel radio transmitter that sends information using UHF line of sight antennas.

As long as the antennas are within 30 miles and are facing each other, both sides can communicate no matter the condi-

tions, Long said.

Equipped with transmission security encrypting technology the messages relayed between senders can not be de-encrypted by enemy forces.

"Even if they do intercept it they would need to get by the encryption which is highly unlikely," said Long.

Long instructed the Marines as they set up communications between two humvee's in the parking lot.

"We definitely needed a refresher and the exercise went over everything we should know," said Cpl. Shammis Hannon, the company MRC-142 chief with Company B, 7th Communications Bn. "This should put us all on the same level and keep us ready," he said.



Cpl. Shammis Hannon, right, explains to Pfc. Scotty Strider, how to configure an MRC-142A radio transmitter. Both Marines are from Company A, 7th Communications Battalion, III Marine Expeditionary Force. Photo by Lance Cpl. Paul D. Zellner

Special leave makes travel easier, cheaper for all military personnel

Lance Cpl. Antwain J. Graham
OKINAWA MARINE STAFF

CAMP FOSTER — Service members, family members and civilians who are stationed overseas can save thousands of dollars on commercial airfares back to the states by utilizing Air Mobility Command flights.

Seats on AMC flights are offered based on space-availability. AMC uses five tiers to categorize priority. Category five is the lowest with category one as the highest. Being in a higher category can minimize chances for being bumped off of a flight.

A person wanting to get in a higher category can apply for Environmental and Morale Leave, a form of leave offered to active-duty service members, their family members and certain civilian personnel stationed overseas.

Traveling under EML will decrease a traveler's chance of being bumped from a flight on a military aircraft.

Service members authorized EML are placed at category-two status for an AMC flight. Category-one consists of service members traveling on orders or on emergency leave.

Family members can also use EML, even if they are not traveling with their military sponsor. With EML, family members are placed in category-three on space-available flights.

Civilian employees eligible for military-funded travel to the United

States at the conclusion of their tour may also use EML taking them from category-five to category-four.

There are two types of EML, funded and unfunded.

Funded EML is charged as ordinary leave, authorizes travelers to use a Department of Defense-owned aircraft. They are not charged leave for travel-time to and from their destination.

With unfunded EML travelers are charged leave for the travel-time.

According to customer service information provided by AMC representatives from the Kadena Air Base passenger terminal, service members can use EML for two round-trips per year, but to apply for it, they must be stationed overseas for six or more months.

Marines and sailors can apply for EML through their unit's administration section.

The traveling member must bring the signed form with them to the flight terminal.

Once a member has submitted an EML request and it has been approved, the individual has 90 days to execute leave. The member must have an approved annual leave request to go along with the EML request.

For more information on EML, contact your company clerk, battalion S-1 or call the KAB passenger terminal at 634-0153.

For information on flights, visit <http://www.usafspacea.com>.

CREDO FROM PG 1

According to members of CREDO, the workshop was developed on the noncommissioned officer level under the premise leaders at all levels can make a difference in preventing suicides.

"(The workshop) helps to provide (service members) with the awareness of the scope and impact of stress, particularly in a military setting," said Lt. Cmdr. Duane Lawrence, a speaker at the workshop and psychiatrist with 3rd Marine Division.

The course focuses on keeping service members mentally fit, he added.

According to statistics presented during the workshop, there were 41 suicides in the Marine Corps during 2008, the highest in Marine Corps history. It was the second leading cause of death among Marines last year finishing only behind private motor vehicle fatalities.

Approximately 40 service members attended the workshop to learn more about suicide prevention.

Presenters used various forms of media and interactive discussions to address factors that contribute to thoughts of suicide and the positive measures leaders can take to prevent them.

The workshop focused on understanding suicide and

high-risk behavior, stress management, building better relationships, healthy lifestyle habits, substance abuse, character building, ethical decision making and 'psych first aid for warriors.'

"To be effective unit leaders, you have to increase your leadership skills," said Cmdr. Randal Craft, chaplain and director of CREDO Far East.

Workshop presenters represented various organizations on Okinawa that can provide help to personnel contemplating suicide. These organizations include the Family Service Center, Mental Health Services, Counseling Advocacy Program and the Chaplain's Office.

"(The workshop) provides information on how to access resources and identify resources for Marines in distress," Lawrence said.

In the words of Petty Officer 2nd Class Steven Nicholson, a psychiatric technician for 3rd MarDiv, the skills and resources promoted in the workshop help to "up-armor our forces" so they are better prepared to handle stress.

"We want to keep as many Marines on as many guns as long as possible," he said.

For information on the next quarterly Suicide Awareness and Prevention Workshop, contact CREDO at 645-3041 or by e-mail at <http://credo.mcbb.fct@usmc.mil>.

BRIEFS**MARATHON TRAFFIC DELAYS**

Personnel are advised access to bases and camps will be affected Sunday during the 17th annual Okinawa Marathon. The marathon takes place from 9 a.m. – 3:15 p.m.

Access to Highway 329 and 330 between Camp Foster, Kadena Air Base and Camp Courtney will be limited during the event. The marathon route will pass the Camp McTureous gate, Plaza housing gate, Camp Foster PX gate, the Foster Building 1 gate and the Foster Sergeant major gate and through Kadean Air Base. Personnel are encouraged to avoid these areas during the race.

The following restrictions apply and are subject to change based on runner volume:

Camp McTureous gate:

Limited access, 9:30 a.m. – 11:50 p.m.

Plaza Housing gate:

Limited access/no right turn on exit, 10:45 a.m. – 2:15 p.m.

Foster PX gate:

Limited access/no right turn on exit, 10:45 a.m. – 2:30 p.m.

Foster Building 1 and Sergeant Major gates:

Limited access, 10:45 a.m. – 2:30 p.m.

Kadena Air Base Gate 2 and Gate 5 will be closed to vehicle traffic from 8:30 a.m. – 3 p.m. along with portions of Kuter Blvd., Vincent Ave. and Schreiber Blvd. between the gates. Pedestrian traffic along the route and through gates will not be affected.

For further information please contact the Provost Marshals Office at 623-4165.

MULTI-SPORT CLUB

An inaugural meeting for the Marine Corps Bases Japan Multi-Sport Club is scheduled for Tuesday at noon on the front lawn of Gunners Gym on Camp Foster. The club is open to all active duty, Department of Defense employees and their families who want to improve their fitness, find workout partners or learn more about various athletic disciplines.

Any interested participants can contact Maj. Joseph Galvin at joseph.galvin@usmc.mil or Cpl. Thomas Kunish at thomas.kunish@usmc.mil for more information.

SPORT BIKE TRACK DAY

Marine Corps Base Camp Butler is scheduled to host a Keith Code motorcycle course on the Marine Corps Air Station Futenma airfield taxiway, Sunday. An alternate date of tomorrow is scheduled in the event inclement weather is predicted for Sunday.

For more information on the Sport Bike Track Day, contact Gary Snyder at 645-3806. To register, call Pat Yamashiro at 634-2450.

MOSC DEPENDENT SCHOLARSHIP

The Marine Officers' Spouses' Club is offering their annual academic merit scholarships to dependent children of Marines. Only high school seniors enrolled or enrolling in a full-time undergraduate program are eligible. Completed applications are due April 11.

For more information and the application visit <http://www.moscokinawa.org>.

VOLUNTEERS TO TEACH ENGLISH

Anyone interested in participating in an English teaching program taking place today, and Feb. 27 should contact Hiroko Tanimura at 645-7766.

TO SUBMIT A BRIEF, send an e-mail to okinawamarine.mcbb.fct@usmc.mil, or fax your request to 645-3803. The deadline for submitting a brief is noon every Friday. The Okinawa Marine reserves the right to edit all submitted material.



Students from the Children's Association Yamazato District of Okinawa City meet with Darren the Lion, who teaches about drug prevention, at the Provost Marshals Office during a tour of Camp Foster, Feb. 11. The students also visited the Armed Forces Network broadcasting station and the Camp Foster Commissary. Photo by Lance Cpl. Stefanie Pupkiewicz

Local youth gain insight to Corps

Lance Cpl. Stefanie C. Pupkiewicz

OKINAWA MARINE STAFF

CAMP FOSTER - The Children's Association Yamazato District of Okinawa City were given a site-seeing tour here Feb. 11.

The children visited the American Forces Network station, the Provost Marshals Office and the commissary.

After getting a tour of the radio and television broadcasting station for AFN, the children visited the PMO central office.

At PMO, the children saw military working dogs take down a simulated suspect and detect illicit substances. They were also visited by Darren the Lion, who teaches drug abuse prevention, and Scruff McGruff the Crime Dog, who teaches crime prevention, who arrived in the PMO mobile command post.

Visits from school-age children are a regular

occurrence, according to Staff Sgt. Aaron Nuckles, the kennel master for PMO.

The goal is to paint a good picture for the children about what the Marines do, said Gunnery Sgt. Brian Chambliss, the military district police central staff noncommissioned officer-in-charge of PMO.

"I liked the police dog demonstration the best. The dogs were really smart," said Yoshitaka Chinen, 11, a student at the children's association.

The last stop for the children was at the Camp Foster Commissary where they toured the commissary as well as the frozen back-up area.

Naoko Teruya, 10, a student at the children's association, was surprised by the food selection at the commissary, especially the plastic wrapped turkey that she couldn't identify at first.

The best part was going into the freezer, said Yui Chinen, 10, a student at the children's association. She said it was cold and different from what they are use to.

Internet scams steal information, enable identity theft

Lance Cpl. Bobby J. Yarbrough

OKINAWA MARINE STAFF

CAMP FOSTER — In recent weeks, fraudulent e-mails targeting Thrift Savings Plan and TRICARE participants have been reported, attempting to persuade members to release personal information.

The scam, known as phishing, is designed to steal personally identifiable information such as social security numbers, user names and passwords.

According to the most recent phishing alert released by TSP, the latest false e-mail claims to be from TSP administrators.

The e-mail states TSP participants may be eligible for a U.S. government bailout if they have lost more than 30 percent of their TSP account value. The message then directs the recipient to a "look-alike" Web site asking for the person's user name and password.

The fraudulent Web site is currently being disabled, and the TSP is actively investigating the matter. Users who have already responded to the e-mail or provided any personal information are urged to contact the TSP at 1-877-968-3778.

According to the phishing alert released by TRICARE,

the fake e-mail asks members to participate in a Healthcare Program Analysis and Evaluation survey. During the survey, they are asked for personally identifying information.

According to releases from both the TSP and TRICARE, the organizations do not initiate requests for sensitive information such as account numbers, user identifications, passwords or personal identification numbers from participants via e-mail.

For more information on how to avoid the scams, visit www.onguardonline.gov/topics/phishing.aspx.



Cpl. Jonathan Yeneic, the senior drill instructor for the Camp Foster Young Marines, corrects a new platoon of Young Marine recruits for not having their shirts tucked in during the recruit's first day of training Feb. 7. Photos by Lance Cpl. Antwain Graham

Foster Young Marines start new cycle, train future of young Corps

Lance Cpl. Antwain J. Graham

OKINAWA MARINE STAFF

CAMP FOSTER — The day began with an initial strength test and ended with the sound of youths screaming “aye, sir” at the top of their lungs like recruits at a Marine Corps recruit depot. But the young recruits were not on Parris Island or San Diego, when they started training day one of Young Marines recruit training here Feb. 7.

The Young Marines program is a volunteer organization offered by the U.S. Marine Corps for boys and girls, ages 8 through 17. The program promotes physical fitness, self-discipline, leadership, teamwork and a healthy, drug-free lifestyle.

Those who want to become Young Marines must make it through a 28-hour training camp, which is loosely modeled after Marine recruit training.

“The training is at a smaller level of Marine Corps boot camp, because we are still training young children,” said Sgt. Zaneta Smith, a legal clerk with Legal Services Support Section, Combat Logistics Regiment 37, 3rd Marine Logistics Group, and the commanding officer for Young Marines program here. “They are still faced, however, with some of the same basic challenges of (recruit) training.”

Recruits must go through physical training, close-order drill, rifle qualification and swim qualification.

Like the “Crucible” of Marine Corps recruit training, Young Marine training culminates with a final multiple-day event called the “Gauntlet.”

Young Marines who already graduated from their training reminisced on their own experiences as they watched the new recruits sweat and scream into the Okinawa sky.

“I look at them and remember the stress I had

to go through to become a Young Marine,” said Young Marine Cpl. Jesse Campbell. “It wasn’t easy back then, but with what you get out of it, it is worth it.”

Like in Marine Corps recruit training, drill instructors conduct and oversee the Young Marines’ training.

Cpl. Jonathan Yeneic, a motor vehicle operator with Fuels Company, Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing, Cpl. Jonathan Slider, a heavy equipment mechanic with Electronic Maintenance Company, CLR-35, 3rd MLG, and Lance Cpl. Rachel Andrews, an aviation maintenance administrator with Marine Aviation Logistics Squadron 36, 1st MAW, were ready to instill discipline and Core Values into the new recruits.

“We take on the responsibility of seeing these recruits receive the proper instruction and at the same time, (are) challenged with the physical and mental stress of a real boot camp,” said Yeneic, the senior drill instructor for the new recruit platoon.

Yeneic added volunteering with the Young Marines program not only benefits the recruits but the drill instructors and other volunteers as well.

“Being put in charge of the young recruits strengthens your leadership skills and teaches the responsibility of guiding Marines,” he said. “The experienced opened my eyes.”

Slider said he takes pride in being a drill instructor for the Young Marines after being a recruit himself.

“It’s interesting being on this end of the training, because you kind of get a glimpse at what your drill instructors had to go through when training a recruit platoon,” Slider said. “So you better appreciate the hard work of the people who are placed over you and understand the value of holding a billet in the Marine Corps or

any leadership position in life.”

According to Smith, the recruits’ dedication increases as they progress through their training.

“At the end of the training, they hold more values and discipline than when they started,” she said. “Those are the things parents expect to see in their children, and that is what they’ll get from this program,” Smith added.

This intense training is the first step to getting ready and responsible young boots on the ground.

For more information on Young Marines, contact the Camp Foster Young Marines at 645-1323.



Cpl. Jonathan Yeneic, the senior drill instructor for the Camp Foster Young Marines calls out a close order drill command to a platoon of Young Marine recruits during the first day of the platoon's training Feb. 7.

Corpsmen up...

Navy docs take on tactical combat casualty care course

Lance Cpl. Paul D. Zellner

OKINAWA MARINE STAFF

In teams of four and five, the corpsmen came out of the jungle and prepared to clear the houses of Smallville, a training area at the Jungle Warfare Training Center located on Camp Gonsalvez in Okinawa's remote Northern training area. As they neared their first house a simulated firefight commenced. The sailor's began to take cover and return fire when two of the team members were declared casualties of the simulated firefight. They were told what their designated injury was and had to act the part. Their team members had to get them to safety, treat them properly and call in a medical evacuation, all while still being in the firefight.

The sailors incorporated tactical combat casualty care into the Jungle Skills Course at JWTC Feb. 11 to prepare them for potential deployments to Afghanistan and Iraq. Though the training focused on corpsman, several combat-bound Navy religious program specialists bound for combat also took part in the training.

"They got a small taste of how hectic everything will be under fire," said Petty Officer 1st Class Hans Jacobs, a Navy diver assigned to the 3rd Marine Division Surgeon's office, and the coordinator of the exercise. "They have to really think and remember all their training," he said.

Course instructors watched and critiqued every move during the exercise, which added to the sailors' stress from the simulated fire.

"This was the first step of stress inoculation," said Navy Capt. John LaBanc, 3rd Marine Division Surgeon. "It shows them they need to be absolutely proficient in basic first responder skills to the point that it's second nature to them," he said.

Corpsmen are the first to treat Marines when wounded in combat and could be the only one that can treat the casualty for hours depending on the situation.

"The first 15 minutes after a wound is the most critical and can add many hours to the mythical golden hour talked about in trauma resuscitation," said Labanc. "They're essentially getting the mental tools and practice to withstand the stress of combat," he said.

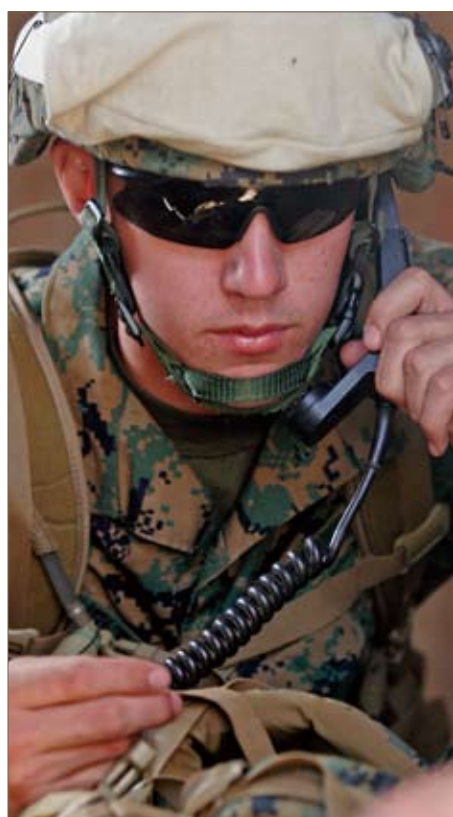
The golden hour is the time immediately after someone is severely wounded. It is believed that if the proper care is received in the golden hour a victim's chances of survival are much greater.

"At the end of the day you will know you can trust the corpsman enough to put your Marines lives in his hands," said Sgt. Steve Chang, Chief Jungle Skills Instructor with JWTC.

The sailors will now go to the states to complete an Operational Emergency Medical Services course before deploying.



Seaman Froilan Bundalio, a hospital corpsman with 3rd Medical Battalion, 3rd Marine Logistics Group, treats a mock casualty during a tactical combat casualty care course at the Jungle Warfare Training Center, Camp Gonsalvez. Photo by Lance Cpl. Bobby J. Yarbrough



Seaman Apprentice Byron Fjeld, a hospital corpsman with 3rd Medical Battalion, 3rd Marine Logistics Group, uses a PRC-119 to request a medical evacuation during the tactical combat casualty care course at the Jungle Warfare Training Center, Camp Gonsalves. Photo by Lance Cpl. Bobby J. Yarbrough



Seaman Apprentice Byron Fjeld, a hospital corpsman with 3rd Medical Battalion, 3rd Marine Logistics Group, fireman carries a casualty care course at the Jungle Warfare Training Center, Camp Gonsalves. Photo by Lance Cpl. Bobby J. Yarbrough



Seaman Apprentice Byron Fjeld, a hospital corpsman with 3rd Medical Battalion, 3rd Marine Logistics Group, cares for a mock casualty during a tactical combat casualty care course at the Jungle Warfare Training Center, Camp Gonsalvez.

Photo by Lance Cpl. Bobby J. Yarbrough



Petty Officer 2nd Class Rene Luchalemus, a religious program specialist for Headquarters Battalion, 3rd Marine Division, is buddy dragged to a landing zone to await a medical evacuation during a simulated combat exercise.

Photo by Lance Cpl. Paul D. Zellner



A team member plots points before beginning a land navigation exercise during the jungle skills course. Land navigation was just one of the skills sailors had to complete during the course.

Photo by Lance Cpl. Paul D. Zellner



s a mock casualty during the tactical combat



Seaman Dustin Myers, religious specialist with 3rd Reconnaissance Battalion, 3rd Marine Division, provides cover for simulated casualty Petty Officer 2nd Class Rene Luchalemus, a religious program specialist for Headquarters Battalion, 3rd Marine Division, during a combat casualty care course at the Jungle Warfare Training Center.

Photo by Lance Cpl. Paul D. Zellner



Royal Thai Army Sgt. Thanongsok Boonan detonates a charge as Marine Staff Sgt. Jesse Kekiwi, the senior instructor of Special Operations Training Group, Special Missions Branch, III Marine Expeditionary Force, observes during dynamic entry practical application in Chaing Mai, Thailand, Feb. 3.

Cobra Gold exercise explodes into dynamic entry training

Story and photos by
Cpl. Andrew S. Avitt
OKINAWA MARINE STAFF

An explosive charge placed beside a doorknob waited for a team of silent raiders to make their move, and with the press of a button, the lock was blown completely out of the door frame with a thunderous boom.

Royal Thai Special Forces had no time to admire the effect of their handiwork. With the element of surprise and confusion left in the wake of the explosion, the team rushed inside to clear the objective. Nothing stood in their way but a door swinging loosely from bent hinges.

The U.S. Marine Corps sent three instructors from Special Operations Training Group, Special Missions Branch, III Marine Expeditionary Force, to share their expertise during exercise Cobra Gold 2009 at Chiang Mai, Thailand. The dynamic entry instructors will proudly admit that blowing up doors isn't as brute as it sounds, but it is more of an art.

Throughout the five-day course, which concluded Feb. 4, the instructors taught 26 Royal Thai Special Forces members Marine Corps tactics of dynamic entry.

These building entry techniques are often used in military operations in urban areas, requiring forces to enter hostile or unknown buildings. The course covered a wide array of practical entry skills ranging



An explosive charge goes off Feb. 1 during a dynamic entry practical application by the Royal Thai Special Forces, during exercise Cobra Gold 2009.

from highly explosive charges to simpler breaching techniques. Simple techniques involve using tools such as a sledgehammer or a crowbar-type prying device known as a "hooligan."

"Our mission here is to (share our) knowledge and skills required to conduct breaching to supplement Royal Thai Special Forces' tactics and training," said Capt. Zaher Bouza, the officer-in-charge of Special Missions Branch. "It's a real honor to be out here conducting training with their special forces."

The instructors with SOTG taught 11 classes to include breaching hazards, charge construction and mechanical breaching. The Thai Special Forces also

participated in practical application of the tactics. They constructed charges from raw materials and opened doors with sledgehammers among other things.

"When there's a language barrier, it's important to let [students] see and get hands on experience with the materials," said Staff Sgt. Jesse Kekiwi, the senior instructor for the dynamic entry course.

The class not only constructed their own charges, they also used them on nearby buildings that were condemned and turned into blast sites for the exercise.

Throughout the exercise, the buildings were fitted with 30 hardwood doors, two metal doors and six windows for the students to practice different

methods of breaching.

The dynamic entry course curriculum outlines a variety of techniques to offer flexibility to the raiding force.

Each method of breaching offers pros and cons. Therefore, the breach team uses intelligence received before their mission to determine exactly what type of breaching technique to use, said Staff Sgt. Mark Frease, a dynamic entry course instructor with SOTG. He emphasized the importance of planning and recognizing that every breach is unique.

As the course came to a close, and splinters from doors piled up on the blast site, the Royal Thai Special Forces and the instructors thanked one another for a safe and successful training evolution.

Throughout the week, the two militaries found steady commonalities as they trained together, and it comes as no surprise that breaching and entering buildings is one of them.

Cobra Gold is a regularly scheduled joint coalition exercise and is the latest in the continuing series of military exercises designed to ensure regional peace and stability.

The exercise provides unique training opportunities for participating military members, while promoting strong relationship between militaries and local communities.

This exercise also strengthens the Royal Thai government's self-defense abilities and their capability to respond to regional contingencies.



Combat mind-set

Division Marines get fired up for training

Lance Cpls. Chris Augustyn, left, carrying a squad automatic weapon, and Tyler Wold, carrying an M240B machine gun, both with Combat Assault Battalion, 3rd Marine Division, move through the training area during predeployment training recently.



Cpl. Oscar Rodriguez, a Marine with Combat Assault Battalion, 3rd Marine Division, scrubs the barrel of an M240B machine gun before a day of predeployment training.

Story and photos by
Lance Cpl. Thomas W. Provost

OKINAWA MARINE STAFF

When enemy contact is made, the automatic weapon becomes a Marine's best friend.

It is key to success or failure during a firefight. More specifically, it can mean the difference between life and death.

Marines are typically introduced to automatic weapons at Marine Combat Training at Camp Lejeune, N.C., or Camp Pendleton, Calif.

One of the most exciting moments for new Marines is shooting the machine gun on the range. A feeling of power comes with each squeeze of the trigger, said Pfc. Martin Guajardo, a motor vehicle operator with Combat Assault Battalion, 3rd Marine Division.

"It feels like you have so much power in your hands," said Guajardo. "Once you shoot (a machine gun), it's such a good feeling, you don't want to stop."

After combat training, non-infantry Marines move on to their respective military occupational schools. Some may never again unleash a barrage of belt-fed rounds.

But with the Marine Corps' fast and growing operational tempo, a Marine's chances of seeing a machine gun again are better than average.

Prior to deploying to combat zones, units go through intense predeployment training. During training, Marines are again required

to take apart, re-assemble, clean, hike with and fire countless rounds of ammunition from the machine gun.

This is especially true for CAB Marines. They recently completed weapons training in preparation for future deployments.

The training hammered home some basic principles.

"Every Marine is a rifleman, which also means he is a machine gunner too," said Cpl. Tyler J. Light, a platoon sergeant with CAB.

Marines must possess specific qualities to be good machine gunners, Light said.

"It takes someone who's not scared, not timid, someone who knows the weapon in and out, can jump on the weapon when rounds are going down range," he said. "The toughest and baddest Marine – that's what it takes to be a machine gunner."

When asked which Marines in his platoon possessed these unique qualities, Light responded "all 35."

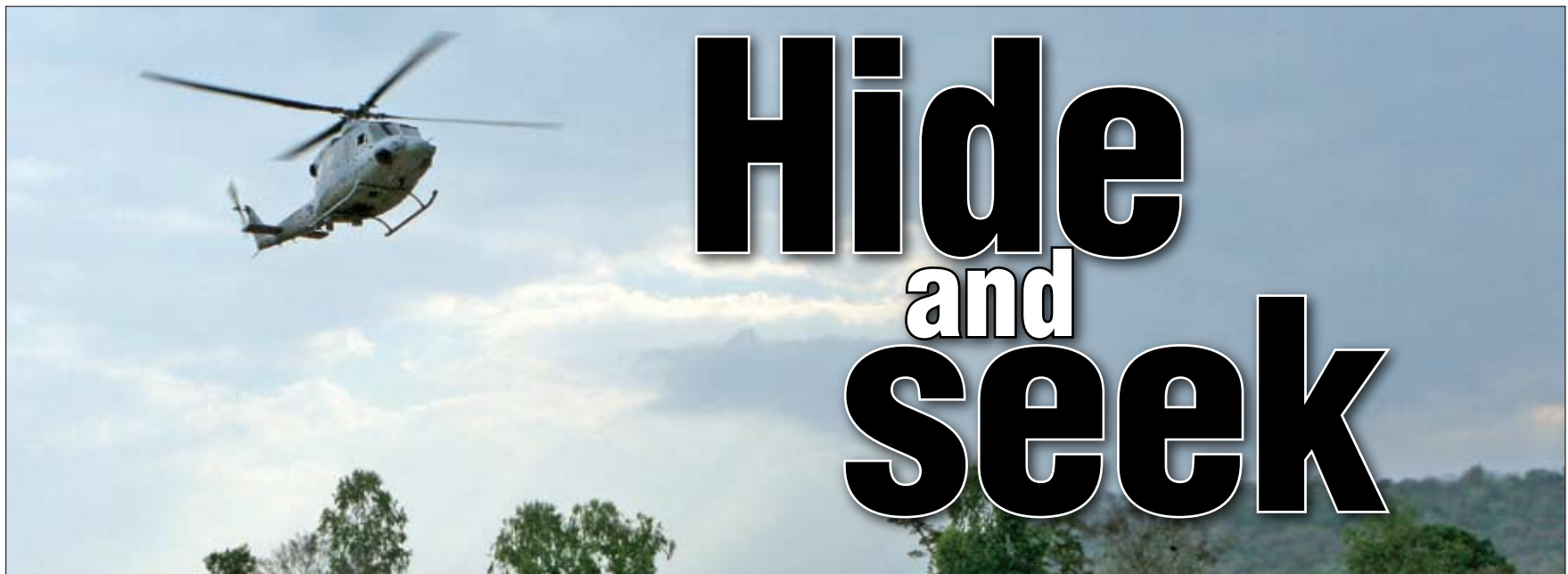
"If you put the Marines through the proper training, you make them successful," he said.

Being in a combat mind-set, is vital to being a machine gunner, Light said. This principle holds true in both combat and during training.

"I want them (Marines) to know when they are shooting down at those plastic targets, (in real life) there's going to be (rounds) coming back at them, so it's a whole different ball game over there," Light said. "They need to get in that mind-set."



Marines with Combat Assault Battalion, 3rd Marine Division, receive a period of instruction during recent predeployment training. The training reinforced automatic weapons skills among the unit's Marines in preparation for future deployments.



Hide and seek

A helicopter flies into an evacuation point to extract three "survivors" behind enemy lines during a combat search and rescue exercise Feb. 11 involving U.S. Navy, Air Force and Marine Corps personnel working with the Royal Thai Air Force during exercise Cobra Gold 2009.

Royal Thai Air Force, US military team up for search, rescue training during exercise Cobra Gold 2009

Story and photos by Cpl. Andrew S. Avitt

OKINAWA MARINE STAFF

The U.S. Marine Corps, Navy, Air Force and the Royal Thai Air Force worked together to conduct a combat search and rescue exercise in Korat, Thailand, Feb. 11, as a part of exercise Cobra Gold 2009.

Cobra Gold is an annual joint coalition exercise focused on maintaining and improving military cooperation among its participants.

The forces paired up in the simulation to extract pilots from enemy territory after a U.S. plane lost engine power, forcing the crew to ditch the aircraft. As the U.S. aircraft approached the surface, it collided with a Thai Air Force F-16. The Thai pilot ejected safely.

In the scenario, the U.S. plane continued the ditch maneuver and landed in a rice paddy with two survivors. When the three-downed service members met up, they called in the incident and identified an extraction point four miles away.

The three "survivors" navigated and maneuvered around the terrain to evade the enemy until they were safely extracted.

"Overall it was a success. That was the largest navigation we have done in the last

two years," said Navy Lt. Sean McCarthy, primary coordinator for the exercise with Marine Aircraft Group 12, 1st Marine Air Wing, serving under Marine Aircraft Group 36 for Cobra Gold. "The program is designed to exercise evasion, survival and navigation in a combat environment, and they did that."

With the sun beating down, the two USAF service members and one RTAF pilot walked five miles, zig-zagging through fields and across farm land, to make it to the extraction point. They utilized compasses, Global Positioning Systems and radios to communicate with forces in the sky and find their way through the maze of rice paddies.

Royal Thai Flying Officer Akkara Khaovises, an F-16 pilot, made most of the communications to U.S. forces regarding the position of the group and their extraction point.

"The Thai pilot did really well, and it's great practice for the guys up there," said Capt. Elisabeth Lompert, an airborne air controller with the U.S. Air Force 962nd Squadron, pointing at the Marine Corps F/A-18s whizzing overhead. "It's great practice for them to listen and understand different accents coming in over the radio."

The 962nd Squadron's current search and

rescue training program is two years old and has been conducted five times in places like Malaysia, Okinawa and Thailand's lowlands.

"This particular scenario was unique," said McCarthy. "While the F-18s were providing security for the downed allies, they were simultaneously being engaged by 'hostile' F-16s" — a situation that could happen in real life.

As the three pilots got closer to the extraction point, participants of the exercise were confident in their abilities to work together if they ever found themselves in a similar real-life situation. They found their way from a crash site behind "enemy" lines and joined forces to successfully maneuver to an extraction point where friendly helicopters airlifted them to safety.

The team demonstrated the importance of military cooperation, and their mission accomplishment reinforced the purpose of coalition training exercises such as Cobra Gold.

This year marks the 28th annual Cobra Gold exercise, which provides all participating nations with critical training opportunities that improve military cooperation and build an increased capability to conduct multinational operations.



U.S. Air Force Capt. Elisabeth Lompert, an airborne air controller with the 962nd Squadron, crosses a bamboo bridge while Royal Thai Flying Officer Akkara Khaovises, an F-16 pilot, waits on the other side during a combat search and rescue exercise Feb. 11, during Cobra Gold 2009.

IN THEATERS

FEB. 20 – FEB. 26

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing, visit <http://www.aafes.com>.

FOSTER 645-3465

TODAY Friday the 13th (R), 6 and 9 p.m.

SATURDAY Bedtime Stories (PG), Noon; Paul Blart: Mall Cop (PG), 3 p.m.; Friday the 13th (R), 6 and 9 p.m.

SUNDAY The Tale of Despereaux (G), 1 p.m.; Paul Blart: Mall Cop (PG), 4 p.m.; Friday the 13th (R), 7 p.m.

MONDAY Paul Blart: Mall Cop (PG), 7 p.m.

TUESDAY He's Just Not That Into You (PG13), 7 p.m.

WEDNESDAY He's Just Not That Into You (PG13), 7 p.m.

THURSDAY Seven Pounds (PG13), 7 p.m.

KADENA 634-1869

TODAY Bedtime Stories (PG), 6 p.m.; Seven Pounds (PG13), 9 p.m.

SATURDAY Bedtime Stories (PG), Noon and 3 p.m.; Yes Man (PG13), 6 p.m.; He's Just Not That Into You (PG13), 9 p.m.

SUNDAY Bedtime Stories (PG), 1 p.m.; Yes Man (PG13), 4 p.m.; He's Just Not That Into You (PG13), 7 p.m.

MONDAY He's Just Not That Into You (PG13), 7 p.m.

TUESDAY Taken (PG13), 7 p.m.

WEDNESDAY Yes Man (PG13), 7 p.m.

THURSDAY Friday the 13th (R), 7 p.m.

FUTENMA 636-3890

TODAY Closed

SATURDAY Closed

SUNDAY Closed

MONDAY Closed

TUESDAY Closed

WEDNESDAY Closed

THURSDAY Closed

HANSEN 623-4564

TODAY Seven Pounds (PG13), 6 p.m.; Yes Man (PG13), 9 p.m.

SATURDAY Taken (PG13), 6 p.m.; Yes Man (PG13), 9 p.m.

SUNDAY Bedtime Stories (PG), 2 p.m.; Punisher: War Zone (R), 5:30 p.m.

MONDAY Friday the 13th (R), 7 p.m.

TUESDAY Seven Pounds (PG13), 7 p.m.

WEDNESDAY Friday the 13th (R), 7 p.m.

THURSDAY He's Just Not That Into You (PG13), 7 p.m.

SCHWAB 625-2333

TODAY Taken (PG13), 7 p.m.

SATURDAY Cadillac Records (R), 5 p.m.

SUNDAY Changeling (R), 5 p.m.

MONDAY-THURSDAY Closed

COURTNEY 622-9616

TODAY Closed

SATURDAY Closed

SUNDAY Closed

MONDAY Closed

TUESDAY Closed

WEDNESDAY Closed

THURSDAY Closed

KINSER 637-2177

TODAY Closed

SATURDAY Closed

SUNDAY Closed

MONDAY Closed

TUESDAY Closed

WEDNESDAY Closed

THURSDAY Closed

USO MOVIE NIGHTS

The USO hosts movie nights at the locations below.

For schedules and start times, call:

CAMP SCHWAB 625-3834

MCAS FUTENMA 636-2113

CAMP HANSEN 623-5011

KADENA AIR BASE 632-8781



For more information or to sign up, contact the Single Marine Program office at 645-3681.

All bus pick-up points will be at Semper Fit gyms or the Foster Fieldhouse.

SINGLE MARINE PROGRAM EVENTS

FEB. 28 | MEMORIAL CLEAN-UP

• The Lt. Gen. Buckner Memorial Clean-up will take place Feb. 28 from 10 a.m. to noon. For more information, contact SMP.

MAY 5 | DRAGON BOAT RACE

• Sign ups are going on now. The SMP will compile one male and one female team, with 32 rowers in each boat. The first practice is scheduled for March 24, with practices running Tuesdays and Thursdays, 1 to 4 p.m., until the race date.

DISCOVER SCUBA PROGRAM

• Discover Scuba events will be scheduled as participants sign up. There is a minimum of 10 participants required to register for the program. For more information and to sign up, call the SMP office.

VOLUNTEER OPPORTUNITIES

- Volunteer at Kinser Elementary School by reading to students and participating in class activities every Friday from 8:45 to 11 a.m.
- The Marine Thrift Shop on Camp Foster requests two volunteers on a weekly basis from Camps Kinser, Foster, Courtney, Hansen and Schwab and MCAS Futenma.
- Volunteering dates at the Ai No Mura Nursing Home are the fourth Friday of each month. Call 636-3092 for more information.

CHAPEL SCHEDULE

CAMP FOSTER | 645-7486/7487

- **Catholic:** Mon., Wed., Fri., 11:45 a.m.; Sat., 5 p.m.; Sun., 10 a.m.
- **Christian Science:** Sun., 11 a.m., Bldg. 442
- **Eastern Orthodox:** Sun., 9:30 a.m.
- **Gospel:** Sun., 11:30 a.m.
- **Hindu:** Sat., 3:30 p.m.
- **Jewish:** Fri., Traditional, 6 p.m.; Informal: Fri., 6:30 p.m.
- **Muslim:** Fri., Prayer, 12:45 p.m.
- **Protestant:** Sun., 8:30 a.m.
- **Seventh Day Adventist:** Sat., 10 a.m.

CAMP SCHWAB | 625-2644/2866

- **Catholic:** Sun., 5:30 p.m.
- **Protestant:** Sun., 11:30 a.m.

CAMP COURTNEY | 622-9350

- **Catholic:** Sun., 8 and 11:15 a.m.; Mon.-Fri., 11:45 a.m.
- **Protestant:** Sun., 9:30 a.m.

CAMP KINSER | 637-1148

- **Catholic:** Sun., 11 a.m.
- **Gospel:** Sun., 8 a.m.
- **Protestant:** Sun., 9:30 a.m.

MCAS FUTENMA | 636-3058

- **Catholic:** Sun., noon
- **Contemporary:** Fri., 7 p.m.; Sun., 9 a.m.
- **High school senior service:** Sat. 6 p.m.

KADENA AIR BASE | 634-1288

- **Catholic:** Sun., 8:30 a.m., Mass, Chapel 3; Sun., 11:30 a.m., Reconciliation, Chapel 3; Sun., 12:30 p.m., Mass, Chapel 3; Sun., 5 p.m., Mass, Chapel 2; Daily Mass, Mon.-Fri., noon, Chapel 2
- **Protestant:** Sun., 10:30 a.m., Contemporary, Kadena High School; Sun., 8:30 a.m., Inspirational, Chapel 2; Sun., 10:30 a.m., Traditional, Chapel 2; Sun., 10:30 a.m., Gospel, Chapel 3; Sunday School, 8:45 a.m., Bldg. 856
- **Wiccan/Pagan:** Fri., 7 p.m., Bldg. 856; Sat., 6:30 p.m., Bldg. 856

CAMP HANSEN | 622-9350

- **Catholic:** Sun., 10 a.m., E. Chapel
- **Protestant:** Sun., 11 a.m., W. Chapel

CAMP LESTER | 643-7248

- **Catholic:** Sun., 8 a.m., Lester Chapel
- **Protestant:** Sun., 9 a.m., Hospital Chapel; Sun., 10 a.m., Lester Chapel

CAMP SHIELDS | 632-4192

- **Protestant:** Sun., 6 p.m.

CAMP McTUREOUS | 622-7537

- **Gospel:** Sun., 12:30 p.m.
- **Lutheran:** Sun., 9:30 a.m.
- **Protestant Lethurgical:** Sun., 6:30 p.m.

CLASSIFIED ADS

AUTOMOBILES

'94 MARK II GRANDE

JCI Jan. '10,
\$2,300 OBO,
(090) 6859-9719

'97 HONDA SMX

JCI July '10,
\$2,500 OBO,
632-3075

'95 TOYOTA EXIV

JCI Jan. '11,
\$1,500 OBO,
632-3075

'92 TOYOTA CELICA

JCI March '09,
\$800 OBO,
(090) 6861-4473

'95 SUBARU SVX

JCI 2011,
\$3,000 OBO,
(080) 3453-5457

Ads appearing in the Okinawa Marine are a free service to active duty military and their dependents, DoD employees and retirees. Ads are restricted to personal property or service of incidental exchange. Ads are run on a space-available basis. The deadline for ads is noon Fridays. The Okinawa Marine reserves the right to edit ads to fit available space. Please include your name and the phone number you wish published. The Okinawa Marine makes every effort to ensure accuracy but assumes no responsibility for services offered in ads. Submit ads by fax to 645-3803, or send an e-mail to okinawamarine.mcbb.fct@usmc.mil.

Classified Ads
Sell your unwanted
personal items with an
OkiMar classified ad.



Shimon Uehara, a 17-year old student at Kaiho High School and a member of the Okinawa Sniperz, waits for the puck to come his way during a practice session at Southern Hills Sports World complex in Naha, Feb. 9. Uehara has been playing hockey since he was 14. Photo by Lance Cpl. Thomas W. Provost

Okinawa Sniperz put in ice time for success

Lance Cpl. Stefanie C. Pupkiewicz
OKINAWA MARINE STAFF

Ambition runs hot on the cool ice at the Southern Hills Sports World complex located on the outskirts of Naha.

Every Monday, the only ice rink on Okinawa closes to the public as the Zamboni melts and molds the ice to pristine perfection so the Okinawa Sniperz hockey team can practice.

The team is a mix of nationalities, American, Canadian and Japanese; and a mix of skill levels, said Russell Luksha, the manager of the Okinawa Sniperz.

The variety brings out the best in everyone, he said.

"When you skate with more advanced skaters you get better yourself," Luksha said.

One of the Marines on the team, Lance Cpl. Lawrence Miller, a reconnaissance man with 3rd Reconnaissance Battalion, 3rd Marine Division, discovered the team about a month-and-a-half ago.

"I didn't expect to find an ice rink on a tropical island," Miller said who must invest a significant amount of his off time to practice with the team.

Miller travels to the practices weekly by taking the Green Line bus service from Camp Schwab to Camp Foster, he said. From Foster, he rides with other players to the ice rink and back. To get back to Schwab, he takes the early morning Green Line or a taxi.

The team's goalie was a member of the Sniperz youth team, previously called the Ice Pilots, and recently advanced to the adult team.

"I really enjoy playing on the team partly because the level of the skills is higher [than other local teams]," said 17-year old Shimon Uehara, Kaiho High School student.

It also helps him improve his English skills and he enjoys the friendships with his English-speaking teammates, he said.

Uehara is the only official Japanese player on the Sniperz. However, hockey players around Okinawa regularly come

to practice with the team.

Youichi Furukawa, a 22-year old Ryuku University student and member of the school's hockey team, comes out to practice with the team whenever he can.

"I come to this practice because their level is higher," he said.

The Sniperz are registered

with the Japan Ice Hockey Federation and participate in local tournaments, Luksha said. The team is hoping to go to China for a tournament in May.

Those interested in trying out for the team or who would like to participate in practice can call Luksha at 080-1750-2347.



The Okinawa Sniperz hockey team practices every Monday at the Southern Hills Sports World complex in Naha from 8-10 p.m. Players often come from all over the island to participate. Photo by Lance Cpl. Thomas W. Provost



The Okinawa Marine is published by Marine Corps Community Services under exclusive written contract with Marine Corps Base Camp Smedley D. Butler, Okinawa, Japan.

The editorial content of this newspaper is edited and approved by the Consolidated Public Affairs Office of Marine Corps Base Camp Smedley D. Butler.

This newspaper is an authorized publication for members of military services stationed overseas, at sea and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts of supplements, does not constitute endorsement by the Department of Defense.

the U.S. Marine Corps, Marine Corps Base Camp Smedley D. Butler or Marine Corps Community Services of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

All photos, unless otherwise indicated, are "official U.S. Marine Corps photos." For more information, e-mail us at okinawamarine.mccb.fct@usmc.mil or write to us at Public Affairs Office, H&S BN MCB PAO, Unit 35002, FPO AP 96373-5002.

COMMANDING GENERAL Maj. Gen. Mary Ann Krusa-Dossin

PUBLIC AFFAIRS DIRECTOR Lt. Col. Douglas M. Powell

PRESS CHIEF Master Sgt. Mark E. Bradley

EDITOR Sgt. Rodolfo E. Toro

DESIGN EDITOR Cpl. Heather Golden

OKINAWA MARINE NEWSPAPER

H&S Battalion MCB PAO

Unit 35002

FPO AP 96373-5002

CENTRAL BUREAU

Camp Foster

DSN 645-7422

NORTHERN BUREAU

Camp Hansen

DSN 623-4054